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# Food and Nutrition

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## FIRST WOMEN-INFANTS-CHILDREN PROJECT UNDERWAY IN KENTUCKY

ASSISTANT SECRETARY of Agriculture Clayton Yeutter joined State and local officials in Pineville, Ky., on Tuesday, Jan. 15, in opening the first project in the Special Supplemental Food Program for Women, Infants, and Children (WIC).

The 4-County (Bell, Floyd, Harlan and Letcher) project in Eastern Kentucky is one of 216 areas in 45 States, Puerto Rico and the Virgin Islands that have been selected to take part in the WIC pilot program.

The food cost for the 216 project areas, USDA's share of the program administrative costs, and the cost of the program evaluation is expected to total approximately \$40 million, the full amount available for fiscal year 1974. A total of some 316,000 women, infants and children are expected to take part.

The WIC program provides cash grants to make nutritious foods available to new and expectant mothers and infants, and children up to 4 years of age. The program provides these foods for infants: iron-fortified infant formula and cereal, whole fluid milk, and fruit juice which is high in Vitamin C. These foods are provided for mothers and children up to 4 years old: whole fluid milk, evaporated or skim milk, low fat milk or nonfat dry milk products containing Vitamins A and D, or cheese, iron-fortified cereal, fruit or vegetable juice containing Vitamin C, and

eggs. These supplemental foods may be distributed at health clinics, or food vouchers may be issued to be redeemed at retail stores, or any other approved delivery system may be used by the cooperating State health agency.

A contract to conduct the medical evaluation of the WIC program was awarded Nov. 30 to the Department of Nutrition, School of Public Health, University of North Carolina. The \$812,000, 18-month contract calls for the school to train local clinic personnel in standard data-collecting and testing procedures. Information such as height, weight, hematocrit and hemoglobin determinations will be analyzed to evaluate the medical benefits derived from the program at 20 sites selected for medical evaluation.

## FNS IMPLEMENTS NEW CHILD NUTRITION LAW

USDA's Food and Nutrition Service has made several changes in its regulations for the operation of the Child Nutrition Program, to implement the new Public Law 93-150.

### Increased Level of Eligibility For Reduced-Price Meals

The first change put into effect had to do with determining the eligibility for reduced-price meals of students taking part in the school lunch and breakfast program. USDA establishes minimum



Income Poverty Guidelines, based on family size and income, for States and local schools to use in determining eligibility of children for free and reduced-price meals. The State educational agencies and schools can set higher standards and provide free meals to students whose family income runs as much as 25 percent higher than the guidelines. And they can serve meals at reduced prices to students whose family income runs up to 50 percent higher than the guidelines.

The new law liberalizes the eligibility level for reduced-price lunches during Fiscal Year 1974. Under the new regulations, the States and schools may choose to serve meals at reduced price to students whose family income runs as much as 75 percent higher than the Department's Income Poverty Guidelines.

To facilitate putting this liberalization into effect, FNS published with the regulations a new table showing the Income Poverty Guidelines (\$4,250 for a family of four) and then the dollar ceilings when those guideline levels are increased by 25 percent, 50 percent, and 75 percent.

### **Increased Rates of Payment For School Lunches and Breakfasts**

Another change in regulations increased the rates of payment to State educational agencies to assist schools taking part in the school lunch and school breakfast programs. These increases are retroactive to July 1, 1973.

**FOR THE NATIONAL SCHOOL LUNCH PROGRAM:** The national average payment to help defray food costs of each lunch served to participating children (Section 4) was increased from 8 to 10 cents. Within that average, States are authorized to vary the rate of reimbursement to individual schools up to a maximum 16 cents a lunch. Previously, that ceiling was 14 cents.

For the first time, States will receive a guaranteed additional payment to assist in the service of lunches to needy children (Section 11)--of 35 cents for each reduced-price lunch, and 45 cents for each free lunch. Any State where payments averaged higher than this rate last year will be paid at the previous level through June 30, 1974.

In cases of severe need, the per-lunch reimbursement to individual schools can range as high as 70 cents for each lunch served free, 10 cents above the previous maximum. In these same circumstances, payment rates may vary up to a high of 60 cents for each reduced-price lunch.

**FOR THE SCHOOL BREAKFAST PROGRAM:** The national average payment for each paid breakfast served to eligible children, which has been 5 cents, was increased to 8 cents. The payment for each reduced-price breakfast, which has been 5 cents, was increased to 8 cents. The payment for each reduced-price breakfast, which has been 15 cents, was increased to 23 cents. And the payment for each free breakfast, which has been 20 cents, was increased to 28 cents.

For cases of severe need, maximum rates of reimbursement for especially needy schools were also increased. The maximum rate for reduced-price breakfasts, which has been 20 cents, was increased to 40 cents. And the maximum rate for free breakfasts, which has been 30 cents, was increased to 45 cents.

The regulations formerly provided that--for schools other than those "especially needy"--the assistance payments would be limited to the cost of obtaining food. That limitation has now been expanded so as to include labor and other costs.

### **Semi-Annual Rate Adjustments**

Next--putting the law's "semi-annual

adjustment" provision into effect--FNS increased the rates of payment for January 1 through June 30, 1974.

The new law provides that the payment rates for school lunches and breakfasts are to be adjusted twice each year, in line with the changes in the "food away from home" series of the Consumer Price Index.

The first of these adjustments reflected the changes in that index in the period September through November 1973.

During that period, the series increased 5.126 percent, and the lunch and breakfast rates announced early in January approximate that amount of increase, rounded off to quarter-cent intervals.

In the National School Lunch Program, the national average payment was increased a half-cent, from 10 to 10.5 cents. Within that average, States are authorized to vary the rate of reimbursement to individual schools up to a maximum of 16.5 cents a lunch, from the previous ceiling of 16 cents.

The additional guaranteed payment to assist in the service of lunches to needy children was boosted 2.25 cents--to 37.25 cents for each reduced-price lunch, and to 47.25 cents for each free lunch.

In cases of severe need, the reimbursement to individual schools is increased 2.75 cents. It can range as high as 62.75 cents for each reduced-price lunch, and as high as 72.75 cents for each lunch served free.

The national average payment for each breakfast served to eligible children was increased one-half cent--from 8 cents to 8.5 cents. The additional payment for each reduced-price breakfast, which has been 15 cents, was increased to 15.75 cents. And the additional

payment for a free breakfast, which has been 20 cents, was increased to 21 cents.

These adjustments, announced at the first of January, are the first of the semi-annual adjustments to be made in the school lunch and breakfast programs. These rates went into effect January 1 and will continue in effect until the next adjustment is made, at the first of July, based on the most recent data available at that time.

Plans are moving forward on implementing the other provisions of P.L. 93-150.

## **NUTRITION EDUCATION CAMPAIGN GETS UNDERWAY**

"FOOD IS MORE Than Just Something To Eat." That's the message of a nationwide government-industry nutrition education campaign launched in December in response to recommendations of the White House Conference on Food, Nutrition, and Health.

Promoted as a public service by the Advertising Council, the campaign is being sponsored by the U.S. Department of Agriculture, the U.S. Department of Health, Education and Welfare, the National Academy of Sciences, and the Grocery Manufacturers of America.

One part of the campaign is a colorful 32-page booklet that explains how important it is to plan a healthful diet. For example, it shows how the diet of a teenager may affect her pregnancy years later, or how what a child eats affects his growth and development.

The booklet provides easy-to-understand information on proteins, fats, carbohydrates, minerals, and vitamins--and where to find them.

For single free copies of "Food is More Than Just Something To Eat," write: NUTRITION, PUEBLO, COLORADO, 81009.



## MORE STATES

### HAVE FOOD STAMPS STATEWIDE

INDIANA, KANSAS, KENTUCKY, Maine, Massachusetts, Michigan, Minnesota, Nebraska and North Carolina have been added to the list of States with statewide food stamp operation. This brings to 38 the number of States (including the District of Columbia) operating, or designated to operate, statewide food stamp programs.

The Agriculture and Consumer Protection Act of 1973 mandates a nationwide food stamp program by June 30, 1974. Sioux County, Neb., was the first of the seven U.S. counties without a food program to be designated under the nationwide mandate.

Nationally the status of county participation in family food programs is 2944 food stamp counties (operating or designated); 125 food distribution counties; 54 combination counties (having food stamps in one part of the county and food distribution in another part of the county); six counties without a program.

## OFF PRESS

- "Cooking For Two" (Program Aid 1043) is a new recipe guide for participants in USDA's family feeding programs. It includes menu ideas, helpful hints on planning and serving meals, information on foods needed to maintain health, and many recipes for two servings. Printed in large bold type for added legibility, the booklet is geared especially to elderly participants.

Copies may be obtained for \$1.10 each from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

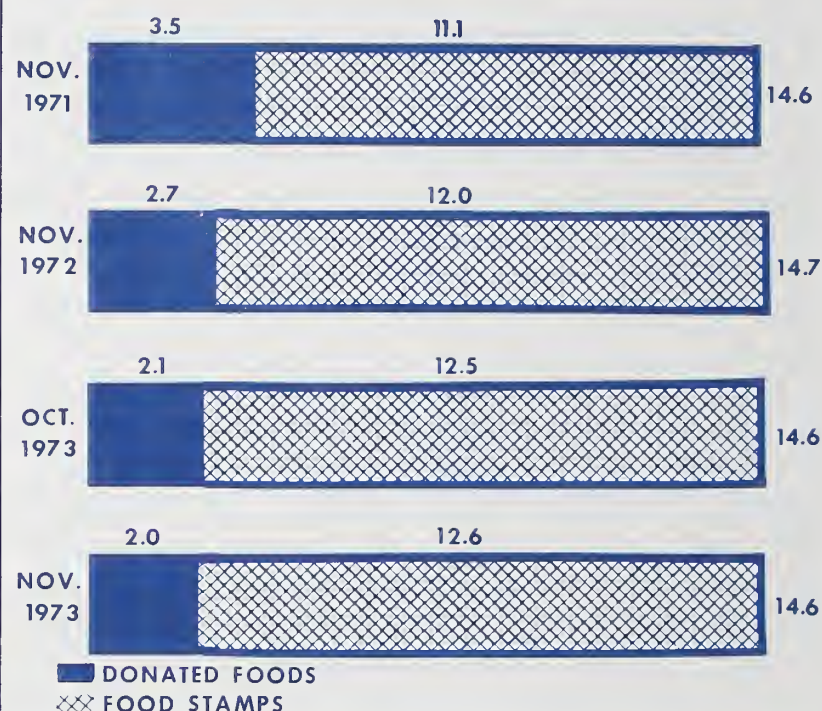
- "Handbook for the Home." The new USDA yearbook is a guide to help families use their incomes to the best ad-

vantage. It contains 78 chapters, more than 190 photographs, and is based mainly on Federal or State research.

Copies are available for \$5.70 from the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402.

### FAMILY FOOD ASSISTANCE PROGRAMS

(Millions of Participants)



### NATIONAL SCHOOL LUNCH PROGRAM

(Millions of Participants)

